

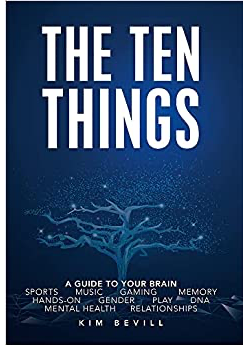
# Courage to Risk Discount \$50 before 1/22 midnight CTR50

Kim Bevill Professional Development, In-person, On-demand classes

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*Mental Health Protections Training ... if we have the wrong physiology, and no learning to boot.*

We are depended upon our physiology of neurotransmitters, endogenous opioids, hormones and more

- Amygdala and hippocampus (fight /flight/ emotion and incoming memories)

## 1. Sleep increases melatonin:

- counters neural toxins or a high level of amyloid plaque and tau (Spinedi et al 2018)
- sleep deprivation initiates and increases progression of disease (Lucey et al 2019)
- melatonin increases with darkness and interferes with tumor growth (Tamtaji et al 2018)

It's possible to slow the acceleration (telomerase)

1. Quality sleep
2. AO
3. Recreational PA (Whittemore et al 2019)

## 2. Real Food...low levels trigger addictive behaviors, change hormones, unhealthy behavior

- 23k subjects after 33 years have 23% chance of D symptoms in the next 5 years, especially men
- High fat and sugar interfere with BDNF
- Sugar spikes insulin and causes inflammation, mental illness, heart disease
- 47% of all sugar intake is from soft drinks, fruit juice, energy/sport drinks, coffee/ tea

## 3 Physical Activity is key for health, longevity, and ACADEMIC success

- 3 Types of Movement: Fitness, Games every 20 minutes, Specialized Movement

- Physical Activity (PA) correlates with high standardized tests (Greatest in Math, then Reading)
- 20-minute walk allows for all students to perform on grade level on standardized test
- Movement fuels executive function: memory, moods, intelligence, academics, behavior
- Movement brings blood flow, oxygen, energy, relationships, attention
- Movement decreases bully-like behavior, boredom, and stress

Sources: John Ratey 2008, Charles Hillman 2009-2020, Bevill 2021, Opezzo & Schwartz

Physical Activity PA predicts success

More PA means higher standardized test scores: 20 MINUTES increases cognition and performance

Exercise increases memory in young to middle aged

Loprinzi et al 2019

Continuous and intermittent exercise increases EF in children 8-10

Lambrick et al 2016

#### 4. What do you think?

Notice what you allow in, notice what hijacks you, take control back

A belief is a thought you think over and over

If you change the thought, the feeling must go

#### 5. Purpose: focus on that goal provides the basic chemistry for our fuel for daily life

Working with your hands is essential for healthy brain function

Making projects intrinsically interesting to motivate and engage

- More complex use of hands increases IQ and creativity
- Engages the brain naturally and is embedded with personal meaning
- Real life activities (field trips, speakers, projects) are best practice. Meaning in School comes from integrating curriculum with interests and creating
- Essential for healthy brain function
- Stimulates executive thinking centers immediately
- May be key in counteracting depression and anxiety

Resources neuroscientists, Frank Wilson, Kelly Lambert, Stewart Brown, Bevill 2021

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